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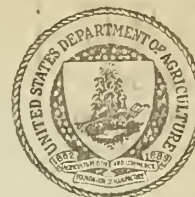
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# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
FEBRUARY 7, 1934 (WEDNESDAY)

WASHINGTON D. C

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

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### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:	:
:	Every meal -- Milk for children, bread for all.	:
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children:	Eggs (especially for children)
:	A green or yellow vegetable	Lean meat, fish, or poultry or
:	A fruit or additional vegetable	cheese
:	Milk for all	:
:	:	:
:	:	:

### GREENS IN MIDWINTER

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If you follow the rules of good diet, you have greens in midwinter as well as in the spring and summer. You should eat them almost every day in fact--a green or else a yellow vegetable every day, says the Bureau of Home Economics of the U.S. Department of Agriculture. But the yellow vegetables are not numerous, so the question comes chiefly on greens. What shall we use for greens now, in the middle of February?

In the far South, of course, that is not much of a problem, for you can grow your own greens or buy home-grown greens in local markets all the year round. A little farther north you can still have home-grown greens most of the year because such plants as collards and kale and turnip salad do not mind a little



frost, in fact are the better for it. Collards are the southern substitute for the winter cabbage of the North. They are a home-garden vegetable and they are also, nowadays, a commercial crop which is shipped to northern markets. In New York just now collards cost but little more than kale and probably less than spinach.

Collards--as you may not know, if you are not a Southerner--are a plant of the cabbage family which fails to head, and grows a stalk. The leaves are large and grow in tufts, or big rosettes. Georgia collards often grow to 3 or 4 feet in height. They grow better in the South than does late cabbage because they withstand heat better. Some people, however, use the term collards for young leaves of cabbage, cut before the head forms.

Generally speaking, collards are cooked in the same ways that you cook cabbage--and the same precautions against overcooking are needed. Five or ten minutes are really enough and certainly not more than 20 minutes. Collards are good pan-fried, or "smothered," and seasoned simply with salt-pork or bacon fat--or butter if possible. Or they are good pan-fried, with milk added. Or served with white sauce. Or cooked with meat--in which case, cook the meat almost "done" before you add the collards. This will minimize the "strong" flavor that comes from the long cooking necessary for the meat.

In the cities, you may find another green leafy vegetable on the markets--escarole, or broad-leaved endive. This is very popular with people of Italian stock, in fact escarole is shipped only to communities where there is a fairly large Italian population. It is one of the best of all greens for vitamin A, and like all the other green leaves is a very good source of iron, too. It is used chiefly as a raw salad. But it is good in a mixture of cooked greens--with chard, spinach, and kale, for example. It can also be served as you prepare wilted lettuce, with a tart sauce. Or you can wilt it with hot sauce, such as you make for slaw. Or again, you can cook escarole, and serve it with white sauce.





Kale, reliable old friend that it is, may be cooked as other greens are cooked. Panning is a good way--and milk may be added here, too. Spinach, of course, is on the market almost everywhere in this country, and is usually cheap. Or if fresh spinach is not cheap canned spinach may be, and it has almost the same food values as fresh spinach.

Last but not least, cabbage, which we have all the year, is probably the cheapest greens of all. But your own planting, if you are far enough to the Southward, may be yielding turnip salad at this moment. There are no better food values in any kind of greens than in these same green tops of the turnip.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread.....	12	-	16 lbs.
Flour.....	1	-	2 "
Cereal.....	4	-	6 "
Whole fresh milk, or.....	23	-	28 qts.
Evaporated milk.....	25	-	31 tall cans
Potatoes.....	15	-	20 lbs.
Dried beans, peas, peanut butter.....	1	-	2 "
Tomatoes, fresh or canned, or citrus fruits.....			6 "
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15	-	20 "
Fats, such as lard, salt pork, bacon, margarin, butter, etc.....			2½"
Sugar and molasses.....			3 "
Lean meat, fish, cheese, and eggs.....	5	-	7 "
Eggs (for children).....			8 eggs.

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LOW-COST MENU FOR ONE DAY  
Breakfast

Hot Cereal - Toast  
Tomato Juice for Youngest Child  
Coffee (adults) - Milk (children)

Dinner

Collards or Cabbage with bits of  
Crisp Salt-Pork  
Crusty Mashed Potato Cakes  
Muffins  
Apple Brown Betty served hot

Supper

Macaroni and Cheese  
Celery or Turnip Sticks  
Bread and Butter  
Cocoa.





RECIPES

Collards with Crisp Salt Pork

Sort, trim, and wash the collards, and remove the tougher stems and mid-ribs. If the leaves are large, chop coarsely. Cook from 5 to 15 minutes in a small quantity of unsalted water until tender. Add crisp bits of browned salt pork, and season with the pork drippings.

Wilted Escarole

2 quarts escarole	1/4 cup milk vinegar
4 tablespoons bacon fat	1 teaspoon salt

Wash the greens thoroughly, and cut into small pieces with scissors. Heat the bacon fat, vinegar, and salt in a frying pan, add the greens, cover, and cook at moderate heat until the greens are wilted. Serve at once.

Turnip Greens and Rice

2 pounds turnip greens	2 cups cold cooked rice
Bacon drippings	

Wash the greens through several waters and drain. Boil uncovered in a small quantity of lightly salted water, turning frequently. As soon as the greens are tender, chop them, add the rice, and season with bacon drippings. Mix well and serve hot.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



RELEASE FOR PUBLICATION  
FEBRUARY 14, 1934 (WEDNESDAY)

WASHINGTON, D. C.

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture

### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:	
:	Every meal -- Milk for children, bread for all.	
:	Every day --	Two to four times a week --
:	Cereal in porridge or pudding	Tomatoes for all
:	Potatoes	Dried beans and peas or peanuts
:	Tomatoes (or oranges) for children :	Eggs (especially for children)
:	A green or yellow vegetable	Lean meat, fish, or poultry or
:	A fruit or additional vegetable :	cheese
:	Milk for all :	
:		

### CURED PORK

Cured pork is good meat for any time of year, but it is both cheap and inviting now. "Picnics" or cured shoulders, can be had in some markets for 9 or 10 cents a pound, in other places for less than this. And whole or half hams are priced as low as 12½ cents a pound in eastern cities.

There is also that very convenient piece for a small family, the smoked boneless shoulder butt, cut off the top of the shoulder and sold under various trade names. It is not so well known to some housewives as the regular ham or shoulder, but it is a good buy, even at a higher price than ham or shoulder, because it is all meat.

Then there is bacon, of course--which is cheaper if you buy a strip or a square, and do your own slicing. Salt pork, too--to be fried and served like bacon, or cooked with vegetables to give them flavor, or crisped in small bits for

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greens, or for creamed dishes, or for chowders or other mixtures.

Because it is so flavorful, says the Bureau of Home Economics of the U.S. Department of Agriculture, cured pork is a good meat to use in low-cost meals. When you are keeping your food costs down to the limit, you necessarily depend as far as possible upon the cheapest kinds of food, such as cereals, milk, and potatoes, and these are bland in flavor. But how well they combine with ham or bacon, or smoked pork in any form--especially when there is plenty of milk gravy!

As to nutritive value, cured lean pork ranks with other meats. The fat parts, however, such as salt pork, fat back, or bacon, should not be used in place of lean meat. The typical pellagra-producing diet is corn meal, fat back, and molasses. Lean pork, or any other lean meat, is one of the foods which, added to that diet, would help to prevent this distressing disease.

As to ways of cooking cured pork, the Bureau of Home Economics has published directions in the form of general rules and also recipes for special dishes.

Boiled ham, say the specialists, should really be not boiled but simmered just below the boiling point. In other words, it should be cooked slowly. "For cured pork, as for fresh pork, thorough cooking at low to moderate temperature is the secret of success, whether the meat is fried, broiled, roasted, steamed, or cooked in water." Note that advice, especially for frying ham or bacon, which are so often cooked to death over a too-hot fire.

As to baking--and if we were to take a vote on the question, most people would doubtless say that the best of all cured pork is baked ham--"slow baking at 250 to 260 degrees Fahrenheit is superior to water or steam cooking for old hams as well as those of very mild cure." To the southerner--and to many a northerner if he has had the good luck to taste it--old ham is the best of all baked ham. It is cured by a favorite process and kept for two years to be at its best, though much of it is used after one year. In the southern household, old ham is baked and kept on hand to be served cold, in thin slices, as long as the ham lasts.





Mild-cured ham, however, is popular the country over.

"It is usually advisable to soak a ham in water before baking it, and old hams are soaked overnight or longer," continue the specialists. "Hams of very mild cure may not require soaking at all. If the cure is strong, a slice of ham that is to be broiled or fried is improved by preliminary soaking."

A whole ham, however, calls for more of a cash outlay than may be convenient or possible. A half might be better--and one way to use the half would be to have a thick slice cut off and cook that in milk for one meal. The rest could then be boiled, to be used for slicing, or it could be ground and creamed, or served with noodles, in hash, meat patties, or potato cakes. Ham left-overs are a good seasoning for vegetable dishes, for other chopped meat dishes, such as meat loaf or creamed chopped liver.

Then the shoulder--of course it can be boiled like ham, but "cured shoulder, which is sometimes a dry and salty piece of meat and difficult to carve because of the shoulder blade, makes a delicious roast when boned, soaked in water, then stuffed with spicy, well-seasoned bread crumbs and raisins, and baked in a slow oven in the same way as ham." Shoulder left-overs, of course, are good in all the ways left-over ham is used.

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LOW-COST MENU FOR ONE DAY

Breakfast

Oatmeal - Toast  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Ham with Noodles  
Stewed Tomatoes and Onions  
Cornbread and Jelly or Molasses  
Milk for all

Supper

Quick Potato Soup  
Left-over Cornbread  
Stewed Prunes  
Hot Tea(adults) - Milk(children)

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RECIPES

Roast Stuffed Cured Shoulder

Have a cured pork shoulder skinned and boned. Wash the shoulder and soak it overnight in cold water to cover. On removing the piece from the water wipe it dry. Lay the shoulder fat side down, pile in some of the hot stuffing, begin to sew the edges of the shoulder together to form a pocket, and gradually work in the rest of the stuffing. Lay the stuffed shoulder, fat side up, on a rack in an open roasting pan without water. Roast the meat at very moderate heat (325° F.) until it is tender when pierced with a skewer or a fork. A 4 to 5 pound picnic shoulder will require about  $3\frac{1}{2}$  hours to cook at this oven temperature; a 9 to 10 pound long-cut shoulder will need from  $4\frac{1}{2}$  to 5 hours.

Ham with Noodles

3 tablespoons fat	3 cups ground cooked ham
3 tablespoons flour	Salt
3 cups milk	Pepper
2 cups cooked noodles	1 cup bread crumbs

Make a white sauce of the fat, flour, and milk, and add about one-half teaspoon of salt, depending on the saltiness of the ham. Make alternate layers of noodles and ham in a shallow baking dish, pour on the white sauce, sprinkle crumbs over the top, and bake about 20 minutes in a moderately hot oven (375° F.).

Creamed Ham

3 tablespoons fat	Salt
$4\frac{1}{2}$ tablespoons flour	Pepper
3 cups milk	
3 cups ground cooked ham	

Make a white sauce of the fat, flour, and milk. Add the ham, stir, and cook the mixture about 10 minutes. Season to taste with salt and pepper.

Serve hot on toast, with waffles, or in a rice ring.

Ham and Potato Cakes

3 cups ground cooked ham	Salt
3 cups seasoned mashed potatoes	

Mix the ham, mashed potatoes, and season to taste with salt. Mold into flat cakes, flour them lightly, and fry in hot bacon drippings or other fat until brown.

Quick Potato Soup

1 cup grated raw potato	2 slices of onion
6 cups milk, whole or skimmed	1 tablespoon butter
or of milk and water	Salt or celery salt

Mix the ingredients, stir and bring quickly to the boiling point, cooking until the liquid thickens, and the potato is tender, with no starchy flavor. Remove the onion and add the salt and fat.

A little very finely chopped parsley may be used for additional flavor.



# INFORMATION FOR THE PRESS



## U. S. DEPARTMENT OF AGRICULTURE OFFICE OF INFORMATION PRESS SERVICE



WASHINGTON D C

RELEASE FOR PUBLICATION  
FEBRUARY 21, 1934. (WEDNESDAY)

### THE MARKET BASKET

by

Bureau of Home Economics, U. S. Department of Agriculture.

### FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	Every meal -- Milk for children, bread for all.	:
:		:
:	Every day --	Two to four times a week --
:	Cereals in porridge or pudding :	Tomatoes for all :
:	Potatoes :	Dried beans and peas or peanuts :
:	Tomatoes (or oranges) for children :	Eggs (especially for children) :
:	A green or yellow vegetable :	Lean meat, fish, or poultry or cheese :
:	A fruit or additional vegetable :	:
:	Milk for all :	:

### WHEN YOU BUY BREAD

It is a good thing, says the Bureau of Home Economics of the U.S. Department of Agriculture, to test, once in a while, our judgment of the quality of the foods we buy. Take bread, for instance. How do you decide which kind to buy?

The easiest way, no doubt, is to ask for the brand you know best, and take quality for granted. As a matter of fact, bakers' bread runs in rather even quality, and you may do fairly well this way--or you may not. In any event, there are aids to the buyer, as well as standards, that any housekeeper will do well to keep in mind.

Chiefly these aids are labels on the loaf or the wrapping. Not the kind of labels that say "100% pure," or "High grade," or "Quality guaranteed"--such phrases mean nothing at all--but the labels that tell what the bread is made of and how much the loaf weighs. Those labels contain actual information. In many States the

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law requires them but many bakeries, even where the law does not require it, use labels of this kind voluntarily, as a matter of good business. And there are penalties for false labeling.

It means something, then, if a loaf of bread is labeled "Whole wheat," or "Graham," or "Milk bread." By definition of the Federal Food and Drug Administration, bread labeled "Whole wheat" must be made of whole wheat flour with no other flour, and whole wheat flour contains 100% of the whole wheat grain. So does graham bread. Graham flour is another name for whole wheat flour, and "graham bread" must be made of 100% whole wheat or graham flour. Sometimes you see the label "one-half whole wheat," and that is proper labeling. Sometimes you see bread of that description which bears no such label and perhaps is sold as whole wheat, which of course is inexcusable.

Then there is milk bread. The name means that the dough is mixed with whole milk or its equivalent. Equivalents of whole milk are milk solids and water in proportions normal to milk--for example, evaporated or dried milk with water. The label "milk bread" means that the bread meets these specifications 100 percent. And milk bread is more nutritious than bread made with water because it has the added food values of milk.

The importance of milk or whole-grain bread, however, depends upon the amount of bread you use as compared with other foods. If bread is merely an incidental part of your meal, the difference in nutritive value between milk bread and bread made with water scarcely counts. The same is true of whole wheat bread as compared with white bread. The label showing net weight is very important to the consumer. Read this label. You buy, as a rule, no doubt, what you think is a 1-pound loaf. But one way of raising the price of bread is to decrease the size of the loaf and charge the same price as before. You can be sure of the weight you are getting if you read the label. Some States do not allow a loaf of less





than a pound, but it is now suggested that a smaller loaf be allowed, with a corresponding change in size and shape of pan.

There are other points in bread-buying that a label could not very well show. The buyer must be the judge of these herself. By way of a guide, however, the Bureau of Home Economics offers the following suggestions concerning the ordinary everyday baker's loaf:

The shape should be symmetrical, with a rounding top, not flattened or extending over the sides.

The crust should be crisp and tender, rich brown in color, about 1/8 inch thick.

White bread when sliced should show a creamy white, satiny luster, with no streaks.

Graham or whole-wheat bread should be dark enough to show that dark flour was used. But color is not a sure guide. Color may be due to molasses, used for sweetening.

The texture of the bread should be even, with no large holes, no thick streaks or extreme closeness of the grain. It should be elastic, soft, spongy, not crumbly, and not doughy. The walls of the cell or "pores" should be thin and elongated upward.

There should be a certain nutty flavor, as in the grain, both in the crust and the crumb of a good loaf of bread. But there should be no suggestion of sourness, yeast, mustiness, or fat; and there should be salt enough to prevent a flat taste. Graham and whole-wheat bread should have a decided whole grain flavor.

#### Using Left-Over Bread

Left-over bread need never go to waste, for many a favorite dish is made with bread crumbs--pies and cakes and batter cakes, as well as puddings and fruit bettys. Almost any oven dish is more attractive with toasted bread crumbs over the top. Croquettes are tempting with their coat of breadcrumbs, so are baked hams. Tomatoes are thickened with bread crumbs--and so on, through a varied list of meat, fish, and vegetable dishes of which bread crumbs are a part. "Au gratin," by the way, means "covered with crumbs"--not necessarily cheese, although cheese may be there, too.



LOW-COST MENU FOR ONE DAY

Breakfast

Hot Cereal - Toast  
Tomato juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Round Steak with Onions and Gravy  
Boiled Potatoes - Buttered Carrots  
Chocolate Bread Pudding  
Milk for children

Supper

Johnny Cakes - Molasses  
Baked Apples  
(baked at noon)  
Milk for all.

RECIPES

Chocolate Bread Pudding

2 squares unsweetened chocolate	2 cups dry bread crumbs
3/4 cup sugar	2 eggs
1 quart milk	1/2 teaspoon vanilla
1/2 teaspoon salt	

Melt the chocolate in a double boiler, add milk, sugar, salt, and bread crumbs. Heat the eggs, add the hot mixture and the vanilla, pour into a greased baking dish, set in a pan of hot water, and bake in a moderate oven (350° F.) for about one hour, or until the pudding is firm in the center. Serve hot, with top milk, if desired.

Six tablespoons of cocoa may be substituted for the chocolate. Mix this with milk as for the beverage cocoa, and proceed as above.

Potatoes au Gratin

1-1/2 cups milk	1/4 pound cheese, grated.
2 tablespoons flour	4 cups cooked diced potatoes
2 tablespoons butter or other fat	1 cup bread crumbs
1 teaspoon salt	

Prepare a sauce with the milk, flour, fat, and salt. Add the cheese, and stir until melted. In a shallow greased baking dish place the potatoes, pour the cheese sauce over them, and cover the top with the bread crumbs. Bake in a moderate oven for 20 to 30 minutes, or until the crumbs are golden brown and the potatoes are thoroughly heated. Serve from the baking dish.

Cheese Fondue

1 pint milk	1/2 teaspoon salt
2 cups fine dry bread crumbs	1 small onion, grated
1 pound soft cheese, flaked with a fork	Whole wheat toast

Heat the milk in a double boiler. Add the bread crumbs, cheese, salt, and grated onion. Stir until the cheese has melted. Serve on toast.





U. S. DEPARTMENT OF AGRICULTURE  
OFFICE OF INFORMATION  
PRESS SERVICE



WASHINGTON D. C

RELEASE FOR PUBLICATION  
FEBRUARY 28, 1934 (WEDNESDAY)

THE MARKET BASKET

by

Bureau of Home Economics, U.S. Department of Agriculture.

FAMILY FOOD GUIDE TO LOW-COST BALANCED DIET

:	:			
:	Every meal--Milk for children, bread for all.	:		
:	Every day--	Two to four times a week--	:	
:	Cereal in porridge or pudding	Tomatoes for all	:	
:	Potatoes	:	Dried beans and peas or peanuts	:
:	Tomatoes (or oranges) for children	:	Eggs (especially for children)	:
:	A green or yellow vegetable	:	Lean meat, fish, or poultry or	:
:	A fruit or additional vegetable	:	cheese	:
:	Milk for all	:		:

KEEP ON WITH COD-LIVER OIL

The days are getting longer. For the children who can get the benefit of it, the stronger sunshine that comes with these lengthening days will do some of the work that cod-liver oil has been doing through the winter to keep the children healthy. But don't give up the cod-liver oil, says the Bureau of Home Economics of the U.S. Department of Agriculture. Certainly not until and unless warm summer days make regular sunbaths possible for the children. Even then, it may be well to keep on with cod-liver oil, for cod-liver oil is rich in more than one thing the child must have.

In tall city blocks on shaded streets, there is never enough sunshine for the children, even in summertime. Sunshine through windows will not do, nor sunshine through city smoke, for glass and smoke cut off the ultra-violet rays of the sun. Those are the most important rays because they produce a chemical change in the skin when they shine directly upon it--a change in a substance called





ergosterol which is in the skin. That change produces vitamin D, which is something the child must have if his bones and teeth are to grow and develop as they should. Milk and vitamin D are twin requirements for the child--milk to furnish the bone-making materials, calcium and phosphorus, and vitamin D to enable the body to use those materials as it should. Without milk and vitamin D, children are likely to have rickets, a disease which may cripple them for life, and which at best leaves them with weakened or crooked bones.

Fortunately for the children who do not get enough sunshine, cod-liver oil is rich in vitamin D, and therefore, with plenty of milk each day, it will prevent rickets. As a matter of fact, doctors have been prescribing it for this and other purposes for nearly a hundred years--long before vitamins were heard of. Now, we know that it is the vitamin D in codliver oil that was preventing rickets. And that cod-liver oil is one of the richest sources of another vitamin--the very important vitamin A, needed by everybody, but especially needed by children.

Many doctors and nutritionists look upon cod-liver oil as a food. They advise mothers to give it to children as a part of their regular diet, every day from earliest babyhood until they go to school, at least. A dose now and then, or a series of doses for a short time, is not enough. The regularity counts--just as with any food.

All the green and yellow vegetables and some of the fruits contain vitamin A, but only a few of the common foods contain vitamin D--egg yolk and fish particularly. The oily meat of the red and pink salmons is a good source of vitamin D. Herring and sardines, too--but to depend upon fish for vitamin D would mean eating fish every day, which few children would do. So the nutritionists say give cod-liver oil to all children under two years old. Especially in families on short rations each child should have at least 2 teaspoons of cod-liver oil every day--three to four teaspoons would be better. That makes sure of both vitamins. Nowadays halibut-liver oil is used as well as cod-liver oil, but it is more expensive.





As for adults and cod-liver oil, they may or may not need it, scientists say, and they had best find out from a doctor. Vitamin D stimulates the depositing of calcium which the adult needs to keep his teeth and bones in order, but an adult may possibly get too much vitamin D.

To supply the calcium and phosphorus the child needs, milk is the best source, but for children and adults alike there are other sources that can be drawn upon in addition. For calcium, green leafy vegetables are the best source next to milk--spinach, especially, though nearly all the common greens are good. For phosphorus, meat, eggs, and fish, beans, peas, whole wheat and other whole grains are all good sources.

For the child, then, milk every day the year round and cod-liver oil every day throughout the winter at least--a quart of milk and two to four teaspoons of cod-liver oil. Sunbaths, too, if possible. For the rest of us, if we have milk and cheese and greens often, with eggs, salmon, herring or sardines to turn to as we may, we can probably get the calcium and phosphorus and vitamin D we need to keep our bones and teeth in order. In these foods we get vitamin A, also.

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WEEKLY LOW-COST FOOD SUPPLY FOR A FAMILY OF FIVE  
including two adults and three children

Bread.....	12	-	16	lbs.
Flour.....	1	-	2	"
Cereal.....	4	-	6	"
Whole fresh milk, or.....	23	-	28	qts.
Evaporated milk.....	25	-	31	tall cans
Potatoes.....	15	-	20	lbs.
Dried beans, peas, peanut butter.....	1	-	2	"
Tomatoes, fresh or canned, or citrus fruits.....			6	"
Other vegetables (including some of green or yellow color) and inexpensive fruits.....	15	-	20	"
Fats, such as lard, salt pork, bacon, margarin, butter, etc.....			2 $\frac{1}{2}$	"
Sugar and molasses.....			3	"
Lean meat, fish, cheese, and eggs.....	5	-	7	"
Eggs (for children) .....			8	eggs

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LOW-COST MENU FOR ONE DAY

Breakfast

Fried Mush - Sirup  
Tomato Juice for youngest child  
Coffee (adults) - Milk (children)

Dinner

Scalloped Salmon or Salt Herring  
baked in milk  
Buttered Kale  
Hot Biscuits - Jelly  
Tea (adults) - Milk (children)

Supper

Whole Wheat Chowder  
Bread and Butter  
Apricots  
Milk for all.

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RECIPES

Scalloped Salmon

1 pound canned salmon (2 cups)	1-1/2 cups milk
2 tablespoons fat	3/4 teaspoon salt
2 tablespoons flour	1 cup bread crumbs

Break the salmon into pieces and remove the bones. Prepare a sauce of the fat, flour, milk, and salt. Place a layer of the salmon in the bottom of a greased baking dish, add some of the sauce, then another layer of salmon, and so on until all the ingredients are used. Cover the top with the bread crumbs and bake in a moderate oven until the sauce bubbles up and the crumbs are brown.

Whole Wheat Chowder

2 cups diced carrots	1 pint milk
1 pint boiling water	2 cups cooked whole wheat
1/2 cup diced salt pork	1 teaspoon salt
4 tablespoons chopped onion	Pepper
1 tablespoon flour	1 tablespoon chopped parsley

Cook the carrots in the boiling water until just tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in the flour and cook a few minutes longer. Mix all ingredients in the upper part of a double boiler, stir until well blended, and cook about 10 minutes.

